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Homeless caught up in crackdown

HASTINGS STREET

Advocates claim police initiative pushing out the wrong people

Dozens of homeless people in Vancouver's Downtown Eastside are being displaced by a heavy police presence during the city's push to relocate illegal sidewalk vendors, advocates say.

But the city denies the initiative is driving away people who sleep on the street, insisting the goal is only to make sure vendors are selling their wares in safe and legal spaces.

Pivot Legal Society lawyer Doug King said the city stepped up its efforts this week to move vendors from a section of Hastings Street to a market across the street. More officers are patrolling the busy block, deterring people from setting up shelter, he said.

"They don't feel comfortable being there, and either explicitly or indirectly they've received the message from police that they're not welcome there," he said.

King said the push began Monday, when Vancouver had cold and wet weather and the city's shelters were full.

"I heard some pretty profound things from people about feeling like their home was being taken away from them," said King. "One of them said, 'I felt like I had come back from vacation and they had bulldozed my house.'"

King said he was concerned people were being forced into less-populated, dangerous areas. He added the action could potentially violate a recent B.C. Supreme Court decision that found people in Abbotsford had the right to set up shelter overnight.

The sidewalk market has been operating for years on the north side of Hastings Street in the heart of the Downtown Eastside and has long been dogged by accusations that its vendors sell stolen goods.

After Pivot Legal launched a constitutional challenge of Vancouver's bylaw that prohibits street vending, the city moved to create legitimate spaces where low-income people could sell small items for cash.

The city licensed a small market at 62 East Hastings St. — on the same block as the market — and created a new, larger site blocks away at 501 Powell St.

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Hershey's remains only firm convicted in chocolate price-fixing case. **Business**

EDUCATION

Writing program head suspended by UBC

The University of British Columbia has suspended the chairman of its creative writing program to conduct an investigation into "serious allegations" against him, but officials refuse to divulge the nature of the accusations.

Associate Professor Steven Galloway, a best-selling novelist, received a temporary suspension, with pay, pending a confidential investigation, Dean of Arts Gage Averill wrote in a letter to faculty, staff and students on Wednesday.

The letter stated there have been no findings of wrongdoing against Galloway and noted the investigation has yet to commence. But it also encouraged students to seek support from counselling services if they have "information that is concerning to your safety and well-being."

UBC is in the process of hiring an independent, external party to conduct the investigation.

Managing director of public affairs Susan Danard would not reveal what types of actions typically result in suspension.

Galloway did not immediately return a request for comment Wednesday, but he did tell the Globe and Mail he didn't know what the allegations were.

Galloway's novel The Cellist of Sarajevo won numerous awards.

EMILY JACKSON/METRO

Commuters pass through the fare gates at Stadium-Chinatown SkyTrain station. MATT KIELTYKA/METRO

TransLink ditching paper-based passes

TRANSIT

Commitment to Compass starts in 2016

Matt Kieltyka
Metro | Vancouver

TransLink has made a New Year's resolution to phase out paper-based monthly passes in 2016.

The transportation authority announced Wednesday that December will be the last month that about 130,000 commuters will be able to buy a monthly pass without using its new Compass electronic fare cards.

"As of Jan. 1, if you plan to travel with a monthly pass, you will need a Compass Card with a monthly pass loaded onto it," said TransLink spokeswoman Jennifer Morland.

TransLink introduced monthly fare options on the Compass card, which has gradually been rolled out to increasingly larger groups of transit users, this month and more than 29,000 monthly pass holders have transitioned over.

About 100,000 unique cards — single-fare, stored-value and monthly passes — are used daily.

Despite the growing number of users, TransLink says just 70 per cent of SkyTrain users are currently tapping out at faregates at the end of their trip.

> **The big thing right now is getting our customers adapted.**
> TransLink's Jennifer Morland

For one- and two-zone monthly pass holders, this causes cards to register a three-zone trip and rejects future trips until the additional charge is paid off.

Morland said TransLink has issued more than $7,000 in refunds because people have forgotten to tap off.

As of Saturday, two gates at each SkyTrain station will be closed to help users get used to the system.

TransLink has not set a time frame for how long it will take to shift faresavers over and get to a point where all transit users have Compass cards and faregates at stations can be closed.

"The big thing right now is getting our customers adapted," said Morland. "We appreciate that can be a difficult thing for people, so we want to make sure we're giving people time to know how to get their Compass cards, how the system works and that they're comfortable with it."

TransLink says there were $2.7 million dollars worth of sales for Compass products in the first week of November alone.

PORT MOODY

Alleged abduction probed

Emily Jackson
Metro | Vancouver

Port Moody police have increased their presence around local schools after a 14-year-old girl was allegedly abducted by strangers near her high school while walking home alone on Tuesday afternoon.

The girl was allegedly grabbed and pulled into a white van in the 1300 block of David Avenue around 3:20 p.m. Port Moody police say three men she did not know kept her in the van for 1-1/2 hours before she was dropped off — unharmed and with all of her belongings — in the 3000 block of the Lougheed Highway in Coquitlam.

One man is described as muscular, six feet four inches tall, white, possibly with olive skin, in his late 20s, weighing over 200 pounds with long brown hair. He wore a white sweatshirt with a red maple leaf on the left arm, black pants and black shoes.

A second man is described as five feet seven inches tall, white, in his late 20s, possibly with olive skin, resembles a body builder with a short, dirty-blond beard. He had a black mark on the right side of his neck that could be a tattoo and was wearing black pants and a light grey sweatshirt.

The third man drove the van — described as a white, newer-model Mercedes Sprinter. He wore a Toronto Blue Jays ball cap.

Anyone with information is asked to contact Port Moody police at 604-461-3456 or Crime Stoppers at 1-800-222-8477.

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A new hope: UVic could be getting classes in Star Wars

EDUCATION

Class would explore the cultural theory of iconic films

Thandi Fletcher
Metro | Vancouver

Students that have always been one with the Force may one day be able to get course credit for their love of all things Star Wars.

In a galaxy far, far away — actually, at the University of Victoria — cinema and cultural theory instructor David Christopher is hoping to teach an undergraduate course on the cultural theory of the popular film series created by George Lucas.

The course doesn't exist yet, but Christopher has a glimmer of new hope that it will see the light, and is already warning young padawans interested in signing up to arrive in the classroom ready to listen.

"As with any Star Wars fan, if you ask me to talk about Star Wars, you'd better have a seat," he said with a laugh. "I am unambiguously, unabashedly, a huge, huge, Star Wars fan."

The PhD candidate still vividly remembers the moment he was first introduced to Star Wars. It was 1977 when a seven-year-old Christopher took in the very first Star Wars movie at a suburban Ottawa drive-in from the back of his best friend's parents' wood-panelled station wagon.

"It was funny because several months before, my father had said to me that he was going with my uncle to see a movie," he recalled. "Typically, as an impetuous seven-year-old, I said, 'Can I go? Can I go?' But as soon as he said, 'Star Wars,' I was like, 'Oh, one of those crappy World War I things that dad likes to watch.'"

> **As with any Star Wars fan, if you ask me to talk about Star Wars, you'd better have a seat. I am unambiguously, unabashedly, a huge, huge, Star Wars fan.**
> David Christopher

That all changed once Christopher laid his eyes on the now-iconic opening crawl.

"Like a lot of young boys at that time, I was enamoured by the romance and the spectacle," he said.

Fast-forward a couple of decades, and Christopher has merged his love of Star Wars with academia. He has a paper in peer review for publication examining the allegorical function of the prequel trilogy, and now he's hoping to get the green light to teach a course on the subject.

The course has not been approved, but Christopher hopes it will be available for second-year students in 2016. He described it as examining the "tectonic shift in cinematic practices instigated by the film series and the discursive zeitgeist around its iconic status within popular culture."

With 40 years of Star Wars artefacts to analyze, he said the films give students a "great berth of material to work with."

For those closest to Christopher, it's not surprising he is hoping to teach this course.

He has a large tattoo of Darth Vader on his right bicep, and an extensive collection of Star Wars merchandise, including some pricey light sabres mounted on his living room wall.

Five years ago, Christopher married his now-wife in a Star Wars-themed wedding at Long Beach, Tofino, where everyone in their wedding party, including their kids, dressed up as characters from the films.

Surprisingly, Christopher said his wife, who claims to know nothing about the movies, pitched the idea.

A self-described workaholic, Christopher said he suspects she suggested the theme as a way of finally getting him away from his desk and to the altar.

No matter the reason, however, he said he was touched that she realized the key to his heart would have to involve his first love: Star Wars.

Cinema and cultural theory instructor David Christopher is hoping to teach an undergraduate course on **the classic sci-fi series, Star Wars .** COURTESY UNIVERSITY OF VICTORIA

TERRORISM CASE

RCMP may have broken the law: Judge

There is evidence the RCMP broke the law while conducting a high-profile terrorism sting , says a B.C. Supreme Court judge, and they must hand over confidential legal documents.

Justice Catherine Bruce has not yet ruled whether the RCMP entrapped John Nuttall and Amanda Korody into plotting to blow up the B.C. legislature in 2013, but she said in a ruling released Wednesday that the Mounties may be guilty of knowingly facilitating a terrorist act.

"In my view, the defence have raised at least a prima facie case that the RCMP officers involved in Project Souvenir were engaged in unlawful acts during the undercover operation," wrote Bruce, referring to the operation by its code name.

"There is a sufficiently close link between the illegal acts committed by the RCMP and the prosecution of the accused to support an abuse of process claim."

Nuttall and Korody were found guilty earlier this year of planning to detonate homemade pressure-cooker explosives on the grounds of the provincial legislature during Canada Day celebrations two years ago.

Their lawyers are asking the court for a stay of proceedings for reasons of entrapment, arguing the RCMP manipulated the pair into carrying out the bomb plot, which they say would never have happened without extensive help from the police.

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Missing Olympics hero sacked

FRAUD

Ex-rower, now fund manager hasn't been seen for weeks

A missing investment dealer and former Canadian Olympic rower has had his licence terminated by a mutual funds company in the midst of its fraud investigation, one of at least three probes in the case.

Investia Financial Services Inc. is investigating Harold Backer, who hasn't been seen since Nov. 3 and is also the subject of two missing-persons investigations — in his hometown of Victoria and in Washington state.

"As soon as we knew the situation, that Mr. Backer had disappeared, we started the investigation," said Investia spokesman Pierre Picard from Quebec City.

"Mr. Backer failed to follow our policies and procedures, which required him to disclose all outside business activities," the company said in a statement issued by Picard.

He said the investigation was also prompted by a letter Backer sent to some clients, in which he apologized for mismanaging their money, and the company's discussions "with affected clients."

"Investia has terminated Mr. Backer's registration due to a fraud investigation," the statement said.

The Victoria Police Department has said Backer, 52, told his wife on Nov. 3 that he was going for a bike ride but failed to return home.

Police in Port Angeles, Wash., said last week that an officer who viewed video from a street security camera for that day noted a man fitting Backer's description was aboard a ferry from Victoria, a 90-minute trip away.

Backer, who competed in rowing in the 1984, 1988 and 1992 Olympic Games, had 20 clients with Investia.

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Missing Olympian Harold Backer. THE CANADIAN PRESS

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EMPLOYMENT

Pitiful protection for migrant labour

Matt Kieltyka
Metro | Vancouver

Migrant workers toiling away on British Columbia farms should be afforded the same rights as all employees, according to a new report.

The Canadian Centre for Policy Alternatives report, released Wednesday and titled "Citizenship and Precarious Labour in Canadian Agriculture", interviewed more than 200 immigrant and migrant workers on B.C. farms and concluded they are exposed to dangerous working conditions, receive little protection and are vulnerable to exploitation.

50%

Eleven years after foreign migrant workers first arrived in B.C. they now make up 50% of the total workforce.

The report's co-author, Gerardo Otero, told Metro that B.C.'s agricultural workforce used to consist mainly of newly landed Indo-Canadian immigrants who would work seasonally, for long hours below minimum wage in workplaces that don't meet safety standards.

In 2004, B.C. began bringing in migrant foreign workers, mostly from Mexico, and they now make up more than 50 per cent of the workforce.

They're placed in poor housing conditions and are afforded even fewer rights, Otero said.

They also have no pathway to citizenship, despite the fact some workers return to B.C. for seasonal work year after year.

Despite the fact workers are registered and legally working in Canada, they face the same kind of hardships working conditions as undocumented farmworkers in the U.S.

"It's difficult, dangerous and dirty work," said Otero. "I would also add that they're devalued."

When surveyed, 42 per cent of Mexican farmworkers disagreed their boss "does what is necessary to guarantee the health and safety" of workers.

Nearly 70 per cent admitted to working while sick or injured, because they feared for their future job prospects.

As the nation's growth is being driven by immigration and agriculture grows more dependent on foreign labour, Otero believes all workers should have the same rights.

"It's a question of what kind of country Canada wants to be," said Otero.

IN BRIEF

Bait bike hooks a pair in less than half an hour

Vancouver police officers only had to wait 30 minutes for alleged thieves to steal one of their bait bikes downtown on Tuesday.

Two men allegedly broke the lock off a bait bike and proceeded to walk away after patrol officers locked it at the corner of Hamilton and Dunsmuir. They were promptly arrested. EMILY JACKSON/ METRO

No charges for off-duty officer over skater death

No charges will be laid against an Abbotsford police officer who was driving his personal vehicle when struck a 14-year-old boy, killing him. The Criminal Justice Branch says the off-duty officer was driving home on Dec. 26, 2014, when a skateboarder entered an intersection on a red light and was hit.

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HEALTH CARE

Province to boost MRI scans

Premier Christy Clark says British Columbians have been enduring waits of up to eight months for MRI scans, but that's about to change.

Health Minister Terry Lake agreed, saying patients wait an average of 256 days for a magnetic-resonance imaging scan, and the government should have taken action long ago.

"I would agree that this is one that's been out there for awhile. The radiologists have certainly been letting us know about it," Lake said Wednesday.

He said efforts to balance the province's budgets meant less money for MRI tests, which use a magnetic field and radio waves to produce detailed internal images of the body to diagnose conditions, including tumours and soft-tissue injuries.

Clark and Lake were at Royal Jubilee Hospital in Victoria to announce a four-year plan to boost the annual number of MRIs by 65,000 in an effort to cut wait times.

Each of B.C.'s health authorities has committed to increasing the number of MRI exams by 45 per cent a year over four years by extending hours and possibly contracting out the service. The government will add $20 million annually in funding for the extra services by the end of the fourth year.

Lake said he expects drastic reductions in MRI wait times over the next four years.

THE CANADIAN PRESS

We should have acted sooner.
Health Minister Terry Lake

The annual Food Banks Canada report recommends the creation of a basic income program as one way to decrease the need for food banks. COLOURBOX

Food banks attract record B.C. number

REPORT

One-third of recipients this year are children

Emily Jackson
Metro | Vancouver

More British Columbians turned to food banks this year than ever before, according to the annual Food Banks Canada report released this week.

A total of 100,086 people — nearly one-third of them children — received food from food banks in March, the highest level of use on record, according to the report that tracks and compares food bank use in the same month every year.

Three-quarters of food bank users rent their homes at market rates, more than half are single and two-thirds rely on government assistance or pensions for income.

While there was only a slight increase (2.8 per cent) in need from 2014, the majority of B.C. food banks reported an increase in visitors. There has been a 28 per cent increase in food bank use in B.C. since the recession hit in 2008 compared to a 26 per cent increase across Canada.

Alberta saw the largest annual increase in food bank use due to low oil prices and increasing unemployment.

Despite the fact food banks fill an important gap for people going through hard times, the report ultimately recommends ways to decrease the need for food banks in the first place.

It recommends creating a basic income program to replace social assistance, which it calls a "broken system" with "unreasonably low" benefits. It would be tied to the cost of living — at least $18,000 per year for a single adult. It also recommends more affordable housing, better training for people with low literacy levels and support for Northern communities with steep food prices.

28%
The percentage by which use of food banks increased in B.C. since 2008.
METRO

HOUSING

Only one thing may cut prices

Housing prices in Vancouver already raise eyebrows, but a new report argues the prices will keep on climbing unless the economy crashes.

Central 1 Credit Union chief economist Helmut Pastrick contends that prices in Vancouver and Toronto will keep increasing despite the latest Canada Mortgage and Housing Corporation report suggesting the markets are overvalued.

Calgary example

Pastrick states high prices and overvaluation alone aren't enough to spark a correction in the market. Instead, he looked to Calgary where the only thing that seemed to tame the market was fall in oil prices that has hurt the energy industry.

"An accurate forecast of oil prices would have foretold Calgary's housing downturn," he writes, noting sales volumes have dropped 30 per cent since the peak in 2014 although the prices have yet to plummet.

Problem with data

The problem with CMHC's data on overvaluation, which means prices don't line up with fundamentals such as income, mortgage rates and population, is that it doesn't take scarcity into account, Pastrick states. The scarcity of land is a huge driver in Vancouver's housing market where people compete for a limited housing supply.

The report also found that speculation isn't a major problem in Vancouver based on the percentage of sales held for less than a year, although that does not account for condo pre-sales or people buying homes they do not live in.

EMILY JACKSON/METRO

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Two electrical transformers weighing 600 pounds and 14,000 pounds have been stolen from a Surrey business.
COURTESY SURREY RCMP

TRANSFORMERS

Heist required heavy machinery

Emily Jackson
Metro | Vancouver

Thieves managed to steal two electric transformers weighing a combined 14,600 pounds from a Surrey business, according to a statement from Surrey RCMP asking the public for help solving the crime.

Two transformers weighing 600 pounds and 14,000 pounds apiece were taken from the business in the 19000 block of 27 Avenue on Oct. 29, according to police. Two months earlier, valuable internal materials were stolen from the same company.

The business lost about $200,000 from the incidents.

Since the transformers are "very large and extremely heavy," it would have taken multiple people with appropriate vehicles and lifting equipment to move the machines, Sgt. Paul Hayes said in a statement.

"We are hoping that members of our community will come forward if they have any knowledge about these incidents or think that they have seen the large electrical transformers being stored or hidden somewhere," Hayes said.

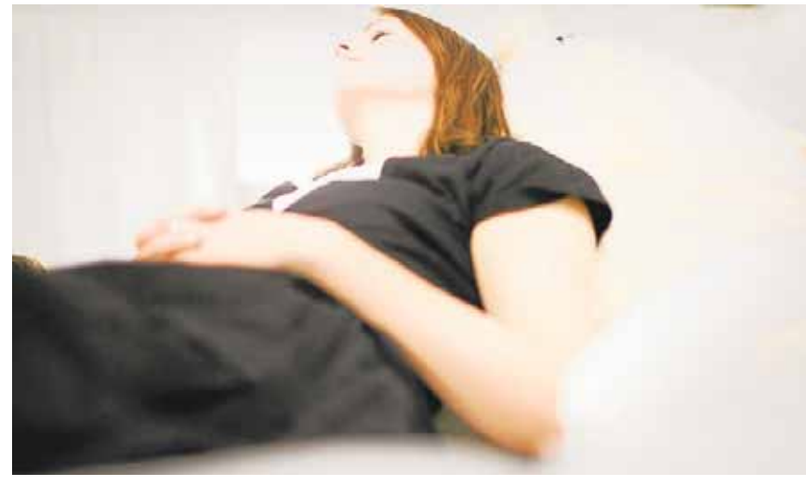
Anyone with information is asked to contact Surrey RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-8477.

Light therapy not just for winter: Study

MENTAL HEALTH

30 minutes' daily exposure also helps non-seasonal depression

Thandi Fletcher
Metro | Vancouver



A woman soaks up the lumens in the Light Lounge at the British Science Museum in London.
BRUNO VINCENT/GETTY IMAGES FILE

Light therapy is known to ease the "winter blues," but new research from the University of B.C. suggests it can also help patients with non-seasonal depression.

The study, published Wednesday in the journal JAMA Psychiatry, is the first placebo-controlled trial to show that light therapy, either used alone or with an antidepressant, is an effective treatment for depression not brought on by seasonal affective disorder.

"What this shows is that we have another treatment option that's a non-medication treatment," said Dr. Raymond Lam, lead author of the study and a UBC psychiatry professor. "That's important because the treatments that we have are good, but they're not effective for everyone. We really need to have these options available for people."

Major depressive disorder, usually just called depression, is different from the "blues." People with depression grapple with feelings of severe despair over an extended period of time that affect almost every aspect of their life. According to the Canadian Mental Health Association, about eight per cent of adults will experience major depression at some point in their lives.

Although light therapy is recognized as an effective treatment for depression related to the changing seasons, few studies have successfully looked at the potential benefits for patients with non-seasonal depression.

For the study, researchers followed 122 patients with non-seasonal depression over eight weeks and observed whether light therapy improved the moods of patients when it was used both with and without the antidepressant fluoxetine, or Prozac.

> **What this shows is that we have another treatment option that's a non-medication treatment.**
> Dr. Raymond Lam

Some study participants were given a placebo pill, while others received light therapy by itself, an antidepressant by itself, or a combination of light therapy and an antidepressant. Light therapy involved 30 minutes of exposure to a fluorescent light box soon after waking up, every day for eight weeks.

The researchers found light therapy helped many patients and provided the most benefit to those who were also taking antidepressants.

Although more studies need to be done to confirm the trial's result, Lam said the findings are important for patients who don't respond well to antidepressants.

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Illustrator's burning ambition

ARTS

Pyrographer credits science background for creative spark

Thandi Fletcher
Metro | Vancouver

For Vancouver illustrator Julie Van Oyen, the line between science and art is not only blurred — it's burned.

The recent University of B.C. kinesiology graduate is a pyrographer, meaning she burns designs on wood using a heated metallic pen. Van Oyen credits her scientific background for the lighting the spark that inspires her smouldering creations, called burn & yonder, which will be on public display during the Eastside Culture Crawl next weekend.

Speaking to Metro from her studio at Vancouver's MakerLabs, the 26-year-old described her creative process, which she said often starts simply with picking the "weirdest part of the human body."

"I have a piece that's of the inner ear," she said with a laugh. "The ear is such a strange and goofy organ and it's just kind of funny to have it drawn in such detail on such a decorative piece of wood. There's definitely an element of fun."

Vancouver artist Julie Van Oyen shows off her wood-burning skills in her studio at MakerLabs. The 26-year-old is taking part in the Eastside Culture Crawl on Nov. 19-22. CONTRIBUTED

As a child growing up in Rock Creek, B.C., Van Oyen said drawing always intrigued her, but pen and paper was usually her medium of choice, until she saw her brother use his wood-burning kit and tried her hand at it.

But Van Oyen put pyrography on the back burner for several years.

It wasn't until she saw an open call for artists to show their work at an art gallery in Mount Pleasant that she heated up the burning kit again.

"I knew that to get in, I wanted to do something unique and interesting," she said. "So I gave wood burning another try and it worked. The pieces ended up in their show."

Eventually, the division between science and art began to disappear for Van Oyen. While studying kinesiology, she said she became fascinated by illustrations of the human body in her school textbooks, especially the older ones.

"Before there was photo and digital imaging, they used to hire illustrators to do all of these amazing, fantastic scientific illustrations of the human body," she said. "Just looking at those for so many years, it carried over into my illustration. I've always been interested in drawing people, so it was just a natural evolution."

Van Oyen will be showing several pieces during the Eastside Culture Crawl, including wood rounds, cutting boards and olive wood coasters with unique designs.

Her studio is located upstairs at MakerLabs, located at 780 East Cordova St.

IN THE DETAILS

The Eastside Culture Crawl is free to attend and is set to run from Nov. 19 to 22. For more information, visit culturalcrawl.ca.

THANDI FLETCHER/METRO

> **I've always been interested in drawing people, so it was just a natural evolution.**
> Julie Van Oyen

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U.S. President Barack Obama chats with Prime Minister Justin Trudeau at the G20 summit in Antalya, Turkey, recently. Canada will join the UN climate-change conference in Paris, beginning Nov. 30. EPA/TOLGA BOZOGLU/TORSTAR NEWS SERVICE

Canada backs U.S. on climate change

ENVIRONMENT

Minister agrees 'urgent' threat needs action now

Canada is backing strong warnings from U.S. President Barack Obama about the need for nations to act on the "urgent, growing" threat of climate change.

In an address to a business audience at the APEC summit in Manila, Philippines, Wednesday, Obama laid out the threat of climate change, saying the "patterns and the science don't lie" and that no nation is immune to the consequences.

"Temperatures and sea levels are rising, ice caps are melting, storms are strengthening," he said. "If we want to prevent the worst effects of climate change before it's too late, the time to act is now, and it is going to affect people's bottom lines." Obama said.

His comments come as nations prepare to gather in Paris later this month in a bid to reach new agreement to curb greenhouse gases.

Obama's remarks were endorsed Wednesday by Foreign Affairs Minister Stephane Dion, who agreed with an analogy that climate change is a cancer.

"It's the worst threat we are facing during this century," Dion told reporters.

He said Canada will be a strong advocate for a climate change deal and will work with the United States and summit host France to make it happen.

"We will be strong on the floor. We will speak to any country that may have difficulties because we need to have unanimity at the end of the day," Dion said, adding that leaders are taking the upcoming talks "seriously" and there is "momentum" for a deal.

TORSTAR NEWS SERVICE

DEFENCE

Expanding military training a possibility

The country's new defence minister opened the door Wednesday to expanding the Canadian training mission in Iraq beyond just teaching Kurdish peshmerga fighters, saying the soldiers will go where it makes sense and where they can have the greatest impact.

Harjit Sajjan said options for the Trudeau government's beefed-up commitment to the campaign against the Islamic State of Iraq and the Levant (ISIL) are still being formulated, but it's clear some of the boundaries put in place by the previous government are either going to be removed or relaxed.

The former Conservative government chose to align itself with the Kurds, who operate in a semi-autonomous region in northern Iraq and have shown the most willingness to battle extremists.

Sajjan says he's talking with the U.S.-led coalition on where Canadian troops would be of most use but would not rule out expanding the training mission to include conventional army units and Iraqi forces in the country's south.

"I'm open to looking at all the different options," said Sajjan, who did three tours in Afghanistan and one in the Balkans as a reserve officer.

"I'm not looking at just from the Kurds perspective, or the Iraqi perspective; I'm looking at how we can have a meaningful contribution."

THE CANADIAN PRESS

"I'm spending a lot of time making sure we get this right.
Harjit Sajjan, minister of National Defence

MONTREAL

Call for killings leads to charges

A Montreal man allegedly behind a video that called for the revenge killing of "Arabs" in Quebec has been charged with inciting hatred, uttering death threats and being responsible for a hoax terrorist threat.

Jesse Pelletier, 24, was allegedly the author of a video that surfaced over the weekend calling for the province to be "cleaned" of its "Arab" population. The person in the video suggested the recording was made "the day after the attacks in Paris."

"Starting next week, there will be murders across Quebec," said the man, who was dressed as the Joker character from the Batman series and waved a replica handgun in the video. "We will eliminate one Arab each week to get rid of them and clean up the province of Quebec. We are a group of 10 people and we will all eliminate them, one by one."

A still from the video. SCREENGRAB

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A French soldier enforcing the Vigipirate plan, France's national security alert system, on Nov. 18 in front of the Eiffel Tower. JOEL SAGET/AFP/GETTY IMAGES

Ringleader may be dead after police raid

Paris

France vows 'everything is being done' to stop attackers

Belgian Justice Minister Koen Geens says he cannot confirm the suspected mastermind of the Paris attacks was among those killed in a raid against an apartment north of the French capital.

He says Belgian Abdelhamid Abaaoud was "not among those arrested or those who have been identified."

French officials previously said Abaaoud was not among those arrested in Wednesday's raid in Saint-Denis, but didn't eliminate the possibility that he was killed, saying the identities of those slain are still being investigated.

The Belgian minister spoke after a cabinet meeting late Wednesday which was assessing what measures should be taken to counter the increased threat of terrorism.

He called Wednesday's raid a "big breakthrough" because it shows law enforcement officials can track down suspects.

Meanwhile, security camera video from inside a restaurant as it is fired on by a rifle-wielding gunman has been posted online that provides a new look at last week's Paris shooting rampage.

The video posted on the Daily Mail website shows a nearly empty restaurant erupt into chaos with bullets smashing into walls and diners and staff diving for cover.

French police have banned public demonstrations until Nov. 22 in Paris and surrounding towns in the latest utilization of expanded security measures permitted under the state of emergency installed following last week's bloody attacks.

Interior Minister Bernard Cazeneuve said "everything is being done to capture" the attackers.

Both France and Russia are pursuing UN Security Council resolutions that seek to unite the international community in combating the Islamic State of Iraq and the Levant (ISIL).

But Russian Ambassador Vitaly Churkin says ignoring the Syrian government in the effort is "weakening the possibility of our joint fight against terrorism."

THE ASSOCIATED PRESS

RADICALIZATION

The 'signs' were there

Much about Abdelhamid Abaaoud's path to armed Islamic radicalism remains mysterious. In the words of Koen Geens, the Belgian justice minister, he mutated from a student at an upscale Brussels school into "an extremely professional commando," one seemingly able to slip across borders at will.

The wanted jihadi's own father believes prison — where he served time for petty crimes — changed him for the worse. After his son got out, Omar Abaaoud noticed "signs of radicalization," the elder Abaaoud's lawyer, Nathalie Gallant, told RTBF broadcasting Wednesday. THE ASSOCIATED PRESS

SOCIAL MEDIA

Video of dad's talk with son goes viral

A father's heartwarming explanation to his son about the Paris attacks is electrifying social media, with millions of views on Facebook alone.

The video shows an interview conducted Sunday by a reporter for France's Le Petit Journal at Place de La Republique in Paris, where people are laying flowers and lighting candles to honour the 129 victims killed in the attacks.

In the video, preschooler Brandon Le tells reporter Martin Weill the attacks on Friday night were conducted by "bad guys" who were "not very nice." He then expresses fear that his family will be forced to move, although his father, Angel Le, reassures him.

"Oh don't worry. We don't need to move out. France is our home," the father tells his son.

Brandon offers a quick reply. "But there's bad guys, daddy."

"Yes, but there's bad guys everywhere," the father replies.

"They have guns. They can shoot us because they're really, really mean, daddy."

With his arm around his son, the father refers to the crowd at the square, and says, "It's OK. They might have guns, but we have flowers."

THE ASSOCIATED PRESS

Angel Le, right, reassures his son, Brandon, during an interview. SCREENGRAB

SENTIMENT

Muslims facing backlash in U.S.

Muslims around the U.S. are facing backlash following the deadly attacks in Paris, including vandalism to mosques and Islamic centres, hate-filled phone and online messages and threats of violence.

Advocacy leaders say they have come to expect some anti-Muslim sentiment following such attacks, but they now see a spike that seems notable, stirred by anti-Muslim sentiment in the media.

"The picture is getting increasingly bleak," said Ibrahim Hooper, a spokesman for the Washington, D.C.-based Council on American-Islamic Relations. "There's been an accumulation of anti-Islamic rhetoric in our lives and that I think has triggered these overt acts of violence and vandalism."

He said the rise in the level of anti-Muslim sentiment is reflected by some GOP presidential candidates, governors and others speaking out in opposition to the U.S. accepting more Syrian refugees.

> **The picture is getting increasingly bleak.**
> Ibrahim Hooper

Hooper said the council is seeing an increase in anti-Muslim incidents since Friday's attacks in Paris.

Nihad Awad, national executive director of the Council on American-Islamic Relations, asked law enforcement officials to step up patrols at mosques and other Islamic institutions.

THE ASSOCIATED PRESS

#JESUISCHIEN

Twittersphere unites over police dog killed in raid

People around the world are sending messages of support for a police dog that was killed during an early morning police raid in a Paris suburb that left two alleged suspects dead. The hashtag #JeSuisChien (I Am Dog) was the top trending topic in France at 9 a.m. Toronto time, with people sharing messages of solidarity with Diesel, the dog. The seven-year-old Malinois was part of the French RAID police unit. TORSTAR NEWS SERVICE

FLIGHT 9268

Homemade bomb downed plane: ISIL

The Islamic State of Iraq and the Levant (ISIL) group has released a photo of the bomb it says was used to bring down a Russian passenger plane in Egypt's Sinai Peninsula last month, killing all 224 people on board.

The picture was published in the latest issue of the extremist group's English-language magazine, with the caption "EXCLUSIVE – Image of the IED used to bring down the Russian airliner." THE ASSOCIATED PRESS

A can of Schweppes Gold, and what appears to be other bomb components made of plastic and metal.

THE ASSOCIATED PRESS

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Crown wraps up its chocolate-price case

INVESTIGATION

Last charges against candy manufacturers dropped

An eight-year probe into allegations of price-fixing in Canada's multi-million dollar chocolate bar industry has ended with the last charges being dropped, Canada's competition watchdog said Wednesday.

The Public Prosecution Service of Canada entered a stay of proceedings against Nestlé Canada and former president Robert Leonidas, the Competition Bureau said in a brief statement Wednesday.

Leonidas was one of three industry executives at three different companies charged in 2013 with conspiring to fix chocolate prices between 2002 and 2008.

No reason was given for the Crown's decision.

Canada's four largest candy makers all settled class-action lawsuits without admitting guilt of alleged price-fixing in the chocolate industry in the country. ISTOCK

Charges against Mars Canada, former Nestlé Canada executive Sandra Martinez, candy distributor ITWAL Ltd. and its former CEO, David Glenn Stevens were also dropped on Sept. 8. Stevens is now ITWAL's chairman.

No explanation was offered.

The case against the chocolate industry began after Cadbury Adams brought the matter to the bureau's attention in 2007. The chocolate-maker received immunity from prosecution.

Hershey Canada Inc. pleaded guilty to one count of price-fixing related to communications with competitors in 2007 and was fined $4 million on June 22, 2013, in an Ontario Superior Court of Justice.

The other three companies, Mars, Nestle and Itwal, and their three executives continued to defend against the allegations.

All four companies settled class-action lawsuits without admitting guilt. Hershey's sentencing hearing provided a glimpse into the allegations the companies were facing back in 2007.

During the period, senior employees at Hershey and their counterparts at other chocolate companies exchanged competitive pricing information, either directly or through their distributor, court heard.

However, the allegations were never proven in court.

The Competition Bureau said Tuesday that it considers the chocolate case closed.

TORSTAR NEWS SERVICE

CONSUMER WATCHDOG

Claws, fake poop on naughty-toys list

A consumer watchdog group says dinosaur claws inspired by the movie Jurassic World and a substance that looks like poop are among the worst toys for Christmas this year.

The Massachusetts-based World Against Toys Causing Harm released its annual list of hazardous toys Wednesday.

The group says the velociraptor claws can cause eye and facial injuries, and the Play-Doh-like substance contains wheat that could cause allergies. The list also includes a quick-folding trampoline, which the group says can lead to injuries. WATCH says the items singled out represent common problems in toys.

THE ASSOCIATED PRESS

Jurassic World velociraptor claws. HASBRO.COM

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IN BRIEF

Norfolk cool to CP's offer

Canadian Pacific Railway needs to overcome several obstacles including a chilly reception from Norfolk Southern, which described CP's takeover proposal as an "unsolicited, low-premium, non-binding, highly conditional indication of interest."

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CHANTAL HÉBERT: ON THE PM'S FIRST MISSTEP

"There was a glaring disconnect between Trudeau's insistence that it was business as usual on the refugee and the war-on-ISIL fronts, and the public's sense that the Paris attacks were a watershed event.

In January 1994, two months after his government was sworn in, Jean Chrétien folded himself in a small charter plane to go on his maiden foreign voyage as prime minister.

As leader of the opposition, Chrétien had described the jet Brian Mulroney had had outfitted for his official foreign travels as a needless luxury. For his first trip, the incoming Liberal prime minister opted for the flying equivalent of a sardine can, a practice he would abandon at the first decent political opportunity.

Chrétien hit three European capitals in less than a week, with a pit stop in London, an overnight stay in Paris and a NATO summit in Brussels. He might as well have been a tourist on a whirlwind budget tour.

At a joint news conference with Prime Minister John Major in London, a British cabinet sex scandal stole the show.

The highlight of Chrétien's Paris stop was a Quebec play he attended with François Mitterand. He may or may not have mentioned a possible Quebec referendum to the French president. In any event, by the time of the 1995 vote Mitterand was no longer in office.

In Brussels, the issue of the fratricidal war in the former Yugoslavia dominated the NATO summit, but while Canada had peacekeeping boots on the ground, there is no public record of a significant Chrétien contribution to the discussion.

Over his visit, the new Canadian prime minister granted the European media no interviews; nor was there a chat on the trip home with those of us who covered his tour. Journalists flew on commercial planes.

In a review of the Liberal prime minister's first appearance on the international circuit, the correspondent for the Belgian daily Le Soir wrote that Chrétien had essentially travelled incognito.

By those standards, Justin Trudeau should have passed his first test on the international scene with flying colors.

He raised matters of substance at every stop. In Manila, he served notice on Canada's Asia-Pacific partners that they should not take for granted a swift ratification by Parliament of the just-negotiated Trans-Pacific Partnership.

At the G20 meeting in Turkey, his infrastructure-spending plan was praised by Barack Obama.

In preparation for the upcoming climate change summit, foreign affairs minister Stéphane Dion started to articulate a more activist Canadian tone in the international environment talks.

But while Trudeau probably made a positive impression on other government leaders, the domestic reviews have been decisively mixed. As media coverage goes, this has been his worst week since before the election campaign.

It is not just that Canadians saw more of French President François Hollande, or that the Paris attacks pushed non-security issues off to the sidelines or even that the latest terrorist developments made some Liberal policies a harder sell.

From a Canadian perspective, it was on tone that an unscripted Trudeau most came up short.

He may have denounced the Paris attacks in strong terms in private but, in his public communications, he did not rise to the occasion.

There was a glaring disconnect between Trudeau's quasi-dogmatic insistence that it was business as usual on the refugee and the war-on-ISIL fronts, and the public's sense that the attacks were a watershed event that deserved a fuller airing.

He seemed to shrug off the well-intentioned concern of many of his provincial and municipal allies as to his refugee timetable. When federal reassurance was needed, it was offered on a piecemeal basis and usually short on specifics.

Against the backdrop of the carnage in Paris, some otherwise endearing features of Trudeau's political persona, starting with his willingness to pose for selfies on demand, turned into liabilities. There are times when glamour is the opposite of gravitas.

Media reviews of Trudeau's post-Paris week were particularly scathing in Quebec, the province whose links with France are the strongest. Cartoonists had a field day at his expense.

But the feeling that the rookie prime minister was not at the top of his game as he handled the first unscripted challenge of his tenure was not limited to his home province.

The premature beginning of the end of the Trudeau post-election honeymoon is part of the collateral damage of the Paris attacks. That part of the damage is largely self-inflicted.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Storm selfies

Adding to the usual lessons of storm safety — watch for falling branches, report downed wires, unplug appliances — there's now a new rule: No selfies in front of the storm surge. With two major weather systems rocking the U.K. in the past week, a representative from the British environment agency has warned "The power of Mother Nature is a fascination to us all. Taking storm selfies may seem exhilarating. But over the last few years we've had an increasing number of people putting themselves and family members at severe risk." As the periodic dump of warm air and moisture known as El Niño hits this winter, more dangerous weather is likely on the way, including in Canada. So when it comes to taking risks and pulling tricks with a smartphone in hopes of social-media fame, stick to poking your friend in the eye with a selfie stick. THE INDEPENDENT

ROSEMARY WESTWOOD

metroview

For some, a decline in Christian belief spells one thing: A fight

Radicalism loves radicalism. Power hates to rescind it. And the dominant fears the minority — lest they become it.

I'm talking, of course, about Christianity in North America.

The U.S. is 70 per cent avowed Christian. Canada, two-thirds. We are very Christian nations, and the Starbucks brew-haha over its non-denominational red holiday cups was a jolly reminder.

It points to something else, too: Some Christians here feel under attack. It's an odd sentiment, given their overwhelming company, until you start to factor in a few things, including a decade of headlines about how our countries are (slowly) losing their (Christian) religion, simultaneous headlines reporting the growth of other faiths, and Islam in particular, and the rise of social-justice movements that contravene some conservative Christian teachings.

The Pew Research Centre recently released a major survey that found the U.S. continues to become less religious, driven by younger generations, and something new: Hints that those who are religious might be holding tighter than ever to their faith.

Religious Americans are by some measures "even more devout than they were a few years ago," the report noted, citing a modest growth in reading scripture or participating in prayer groups.

Alongside that, Christians in the U.S. are reporting that their faith is under threat: 72 per cent of Americans think religion is losing its influence in American life, 56 per cent think that's a bad thing, and a growing number want religion to play a greater role in politics, according to a Pew report from 2014. Perhaps in response to that, 50 per cent of white evangelicals feel they face "a lot" of discrimination.

In Canada, about half of us think the decline of religious involvement is bad for the country, according to an Angus Reid survey from last March. And while there's no similar question of discrimination in the survey, discrimination is certainly the claim made in the wake of Quebec's prayers-at-city-hall debate, or a B.C. Christian university's bid to become a law school, or Starbucks' red-washing of Christmas.

And I think that fear of irrelevance (unfounded though it may be), plays a role in today's anti-Muslim sentiment.

That Angus Reid survey — conducted after Charlie Hebdo, and well before Paris — found 44 per cent of Canadians have a negative view of Islam, and 51 per cent think it's more likely than other religions to encourage violence.

Our predominantly — for now — Christian societies see another faith on the rise, one held often by non-whites, and to some that spells one thing: A fight.

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You're So Vain, Warren Beatty. Carly Simon confirms second verse of song is about him.

Brownstein's search for self

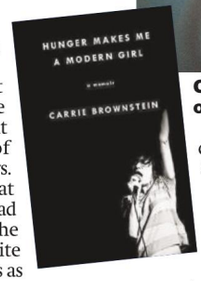
NEW BOOK

Rocker, writer, thinker looks at her life's journey so far

Ian Gormely
Metro | Canada

Performance is central to Carrie Brownstein's life, whether it's on stage as guitarist for rock trio Sleater-Kinney, or on the set of Portlandia, the sketch-comedy show she writes and stars in with fellow co-creator Fred Armisen.

But, as she reveals in her new memoir, Hunger Makes Me a Modern Girl, Brownstein assumed many roles throughout her life — fan, substitute teacher, academic — in her search for connection and identity.



"Much of what we project into the world is different permutations of ourselves," she says.

"I do think that the common thread is my writing. The reason that I write is to ask questions as much to answer them and also to form a connection with people."

She found the connection she was searching for in Olympia, Wash.'s close-knit music community, first as a member of riot grrrl band Excuse 17 and later with guitarist Corin Tucker and drummer Janet Weiss in Sleater-Kinney.

The book was inspired by a series of essays Brownstein wrote for NPR.

Using Steve Martin's memoir, Born Standing Up, as a template, it chronicles her search for a place in the world — the journey from being "disembodied to embodied" — through to Sleater-Kinney's initial split in 2006.

Brownstein purposely skirts rock bio clichés — there are no tawdry tales of sex and drugs in Hunger's pages.

Rather, she wanted to pen a literary love letter to her bandmates, who recently came together again and released the new album No Cities to Love, and to whom she dedicates the book.

Olympia's communal, anti-corporate punk spirit gave birth to the feminist riot grrrl movement, and nurtured Brownstein in her early 20s. But she and her bandmates had ambitions beyond the insular college town.

"Sleater-Kinney didn't want to preach to the converted, we didn't want to limit ourselves," she says. "I didn't want to connect to a finite group of people."

That culminated in an opening slot for Pearl Jam in the early 2000s, putting Sleater-Kinney in front of thousands of people unaware of the band's history or politics.

"Putting yourself in new uncomfortable positions helps you clarify your point of view," she says.

"It helps you innovate and push forward. That's something I try to remember in everything I do."

Carrie Brownstein's career has taken her from guitarist for Sleater-Kinney to co-creator of sketch-comedy show Portlandia. CONTRIBUTED

Brownstein co-writes Portlandia with Fred Armisen. CONTRIBUTED

THE MANY GIGS OF SLEATER-KINNEY

The members of Sleater-Kinney have spread their musical wings over the years.

Wild Flag: Brownstein and Weiss formed this quartet with Rebecca Cole and former Helium singer-guitarist Mary Timony. Their self-titled album from 2011 remains their only release.

Quasi: Prior to joining Sleater-Kinney, Weiss was one-half of keyboard-led indie rockers Quasi. The band remains a going concern, releasing their ninth album, Mole City, in 2013.

Heavens to Betsy: Tucker's pre-Sleater-Kinney duo were one of the primary groups associated with the riot grrrl movement, taking Excuse 17 out on tour with them in the early '90s.

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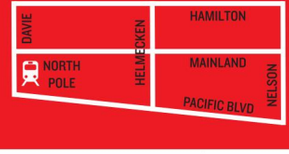

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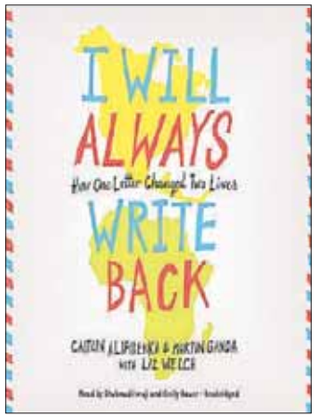
3 BOOKS TO RESTORE YOUR FAITH IN HUMANITY

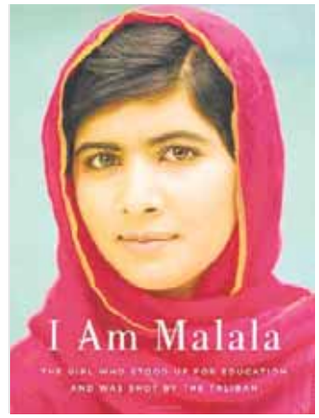
The world is mourning for Paris and Beirut. The lives of those lost in the terror attacks last week should be front of mind and honoured, not forgotten. But it's also important to remember the good in humanity. Keep following the news as it develops, but also, reach for one of these books to help remind yourself that people aren't all bad. **EMILY LAURENCE** METRO NEW YORK

1 I Will Always Write Back by Caitlin Alifirenka and Martin Ganda



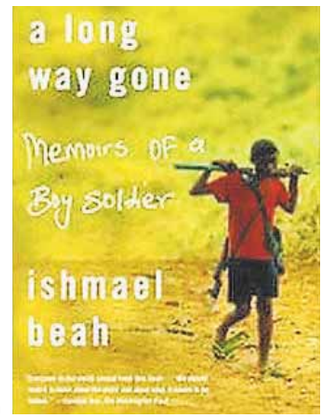
When American Caitlin Alifirenka was in the seventh grade, she started writing to a boy in Zimbabwe as part of a class project. The two kept corresponding long after the school year ended and developed a bond that would forever change the course of their lives. I Will Always Write Back shares those letters, along with details of just how different their situations were — Alifirenka growing up in the suburban town of Hatfield, Penn. and Martin Ganda in the slums of Mutare. This book serves as a reminder that a small act can have a huge, life-changing impact.

2 I am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban by Malala Yousafzai



If you still haven't read Malala Yousafzai's incredible memoir about standing up to the Taliban in support of girls' education in Pakistan, you should now — especially before watching the documentary based on her story, He Named Me Malala, which comes to DVD this December. Seeing how one ordinary girl's bravery sparked global change will encourage you to live more boldly as well.

3 A Long Way Gone: Memoirs of a Boy Soldier by Ishmael Beah



This true story about a child soldier in Sierra Leone will break your heart, but it will also remind you that human beings are resilient creatures.

Ishmael Beah tells the story of when rebels attacked his village when he was just 12 years old, forcing him and his brother to flee the violence, not knowing where they were going and wandering from village to village locked in a struggle for survival. At 13 years old, Beah became a child soldier, conscripted by the Revolutionary United Front. In his memoir he shares his inspiring story with the world.

Can you handle the truth?

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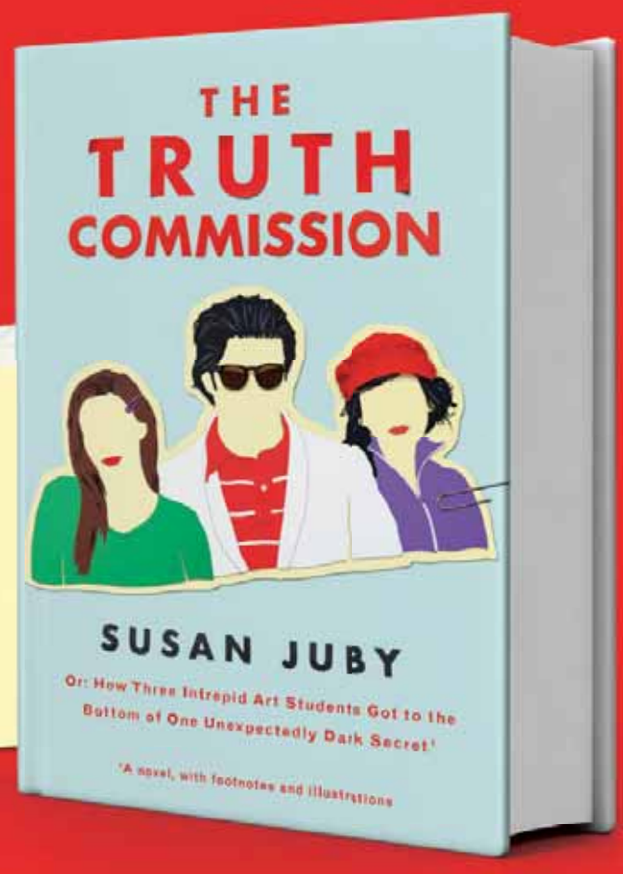
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Offending sensibilites with intent

JONATHAN FRANZEN

Controversial novelist tunes out criticism of latest book

When Jonathan Franzen was writing his breakout 2001 book The Corrections, he famously claimed to deter distraction by working in the dark while wearing noise-cancelling earphones and a blindfold.

Nowadays, sunless, soundless isolation might seem Franzen's only avenue to avoid the criticism that greets his every novel, essay or interview.

His latest tome, Purity, was met with enthusiastic reviews from some corners (the New York Times was positive, the Guardian called it "piercingly brilliant") and withering derision from others. The Star review considered it an "engaging and brilliant" yet flawed book.

As usual, the debates centred on Franzen himself — whether he was sexist, hostile of technology, or, well, actually serious about adopting an Iraqi orphan.

And as usual, Franzen donned his figurative blindfold and blocked most of it out.

"I don't read the stuff, so I don't have a clear idea of what anyone's complaining about," Franzen said recently in Toronto. "There is this online discourse, particularly on social media, that I would rather have nothing to do with, because it's mostly dumb, and set up to reward people taking extreme, irresponsible positions and to punish people who are trying to do nuance and moderation.

ASKING THE RIGHT QUESTIONS

"I felt it's really my duty as a novelist to push hard against the very things i believe in."

As long as people read his books, Jonathan Franzen is content to ignore online discourse. CONTRIBUTED

"I can afford not to care because people do read the books," he continued later. "So people with a lot of time on their hands and no real interest in what is true think I'm a bad person — so what? It's not going to end my career."

Franzen is speaking through a cough, juggling two packages of lozenges and feeling jet lag-"stoned" after a cross-continental flight. To avoid circulating germs, he forgoes a handshake in favour of an elbow bump.

It's a more congenial interaction than he's had with most journalists lately.

In particular, he describes an "insane exchange" with NPR host Terry Gross, who read Purity — which follows a debt-trodden young woman searching for her father's identity — and questioned Franzen's depiction of an erratic feminist character who insists her partner pee sitting down.

"Being a lifelong feminist, in the same way that I was hardest on liberal democrats in Freedom ... I felt it's really my duty as a novelist to push hard against the very things I believe in," he said. "What does it mean for a man to be a feminist? That's a question I found worth asking.

"I'm told that, yeah, people are sounding off about it. But that just means that I was asking the right questions."

The moment Franzen labels himself a "lifelong feminist," it's tempting to interpret a mischievous desire to provoke, a feeling that creeps up frequently.

"I don't let people take selfies at my events," he declares at one point. "Most people are cool with that, but there exist people who just can't, who plead and beg and say it won't have happened if I don't take a picture."

Later, he argues that the Internet's discourse "reminds one of the eighth-grade cafeteria." As he speaks, a recent Salon headline comes to mind: "5 times Jonathan Franzen trolled us this year."

But Franzen insists that he's never sought to worm his way under anyone's skin. In fact, he laments how the opinions he offers "in a polemical space" are confused with his published work.

Yet Franzen, sore throat and all, will not be silenced.

"It's not like I enjoy having people angry at me," Franzen said. "I would like everyone to say: 'Wonderful novel, John. Please write another.' It's not like I take pleasure in being mischaracterized and called a bad person.

"But I feel like a writer isn't doing her or his job if they're not standing up to existing power structures, including good liberal consensus," he continued.

"I'm attracted to points in the culture where dogma and reality have drifted far apart. And I care so much more about the isolated reader who feels the same way that I do than all the conformists who might be offended." TORSTAR NEWS SERVICE

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McGarrigles keep family lore alive

NEW RELEASES

Sisters' book is more tribute than musical memoir

Sue Carter
For Metro Canada

While it may seem impossible at the time, personal tragedy can sometimes lead to great art. When Canadian folk musician Kate McGarrigle died of cancer in 2010, her family began hosting an annual concert in her honour.

The events weren't just a tribute to her music as half of the beloved sister duo Kate and Anna McGarrigle, but to the extended family, including her parents, her oldest sister, Jane, and to Kate's children, Martha and Rufus Wainwright.

Charmed by the family's stories during the concert, Random House Canada executive publisher Louise Dennys approached Anna with the idea of putting them down on paper. Anna suggested that she co-write the book with Jane, who had already been developing a television series loosely based on life in Saint-Sauveur, the picturesque Quebec skiing village where the sisters grew up. The two had already co-written songs together, why not a book?

"When Anna asked me to join her, I was just overjoyed," says Jane. "Here was a real writing project, and a project dear to my heart. And I was going to do it with Anna who is always a blast to work with."

Mountain City Girls is a tender and often funny memoir told in brief first-person dispatches. Weaving together moments both significant and fleeting, the book includes favourite stories of their grandparents and ends in 1976, a year after Kate and Anna McGarrigle, the sisters' debut album was released.

"It wasn't to make a point of keeping the family lore alive," says Jane, "but it just seems to want to go on by itself."

From the beginning the sisters were clear they weren't interested in writing a music memoir. Anna's husband, Dane Lanken, had already published a scrapbook-style book that followed the musicians, and Martha Wainwright is currently working on her own autobiography.

Sisters Anna and Jane say their collaborations are sometimes like an episode of I Love Lucy. THE CANADIAN PRESS

"I know that she's going to talk about from a certain era on, what it was like to grow up in her family," says Anna.

"I didn't want to start telling stories about Kate. Martha might want to tell those stories. We wanted to go to another place, more in your face, to invite you in and come meet our grandfather."

Most of the manuscript was written with the sisters sitting across from each other at a table.

"When Anna's writing, she's so deep in her subject, she's really not there," says Jane. "I'd ask her a question about something, and I'd say, 'Hey Anna,' and there'd be no answer. She's not ignoring me, she's just not hearing me. It's like she's in this vapour."

The two joke that their collaboration at times recalled an I Love Lucy episode.

A chunk of writing would accidentally get deleted, or a printed chapter destined for the publisher would be left forgotten on a couch.

Although their editor suggested they start with a chronological timeline, Anna found linear storytelling a challenge.

"My husband calls me an anarchist because I can't do that. I can only write what I know — it's just the way I am."

Reliving family memories — in particular about their father, who died in 1965 — was an emotional experience that sometimes resulted in tears, but ultimately those shared stories brought the two sisters closer, says Jane, "knowing that often we're the only two people who remember."

Sue Carter is the editor at Quill & Quire magazine.

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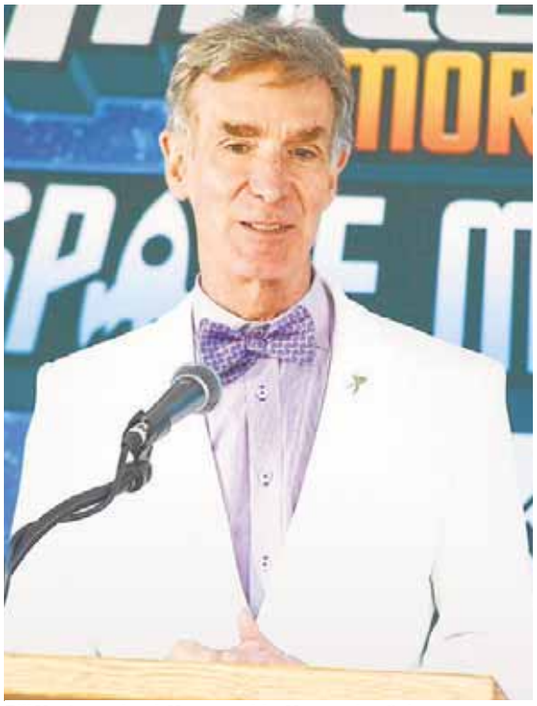
Bill Nye 'the science can save us' guy



Bill Nye's new book Unstoppable: Harnessing Science to Change the World is out this week. CONTRIBUTED

NEW BOOK

TV star is convinced we can tackle climate change

Bill Nye is discussing his new book on climate change from an apt location: behind the wheel of a Tesla.

While electrically navigating the streets of New York City, Nye offers a supercharged warning about the dangers ahead if the problem isn't tackled, and now.

Science has conclusively demonstrated a link between human activity and an overheated Earth, he says, dismissing the counter-arguments of doubters and deniers as "weird."

And it's with scientific innovation that we can rescue our home planet and ourselves, says Nye, who offers a detailed and chatty how-to in Unstoppable: Harnessing Science to Change the World, out this week from St. Martin's Press.

Unstoppable, which opens with a stern warning that climate change "is coming right at you," moves quickly to his advice to stop worrying — "or at least to move past it" — and get busy.

Nye has his work cut out for him: An Associated Press-NORC Center for Public Affairs Research poll in October found two out of three Americans accept global warming, with the vast majority of those citing human activities as at least part of the cause. But fewer than one in four Americans are extremely or very worried about it.

The bow-tie bedecked engineer, who gained fame on the 1990s TV series Bill Nye, the Science Guy, spoke about his book from the road last week.

Your book includes sweeping approaches to address climate change. What can individuals do that counts?

Not wasting any water bottles is good. Not leaving the lights on is good. Turning the thermostat down in the winter, up in the summer, is good. But the best thing any of us in the developed world, especially in the United States, can be doing is talking about it. ... It's strangely a hard thing to talk about because it's become so political and divisive, and people have a tendency to give up and see it as overwhelming. But I claim that it's not.

You're truly optimistic?

The world's going to change climatically. We just want to control the change. We want to have a high quality of life for billions of people as we pass through this era.

How do you see your role as a citizen-scientist?

It is my mission to change the world. I'm not kidding: Make no small plans, dream mighty things. I feel if we get enough people engaged in climate change, we will get enough people to change the world. We will revolutionize the way we produce electricity and provide clean water to people. And along with this ... is educating more women and girls. Because that is the surest route to controllably, manageably reducing the human population. Educated women have fewer kids. And the kids they do have are better cared for and are more successful. As I like to say, it's not one thing that we need to focus on. It's everything all at once.

You said that politicians should heed millennial voters on climate change. Is that generation especially receptive to taking action?

Overwhelmingly. College kids are very concerned about this. Recently, I visited Alabama, Tennessee and Texas. What you find on these college campuses (is that) everybody is, if I can use my term, enlightened. And the state has politicians who have been in office for years and years, and the two groups are at odds on climate change. Millennial voters are very concerned about climate change and will vote for candidates who are planning to address it. But the systems that are in place — people talk about gerrymandering and the money that's in politics, this is a real thing, a real effect — and it's hard for climate change-denying legislators to get voted out. But I predict it will happen. THE ASSOCIATED PRESS

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STRONG LOOKS BETTER NAKED

Khloe juggles book and drama

Khloe Kardashian. THE ASSOCIATED PRESS FILE

The awkwardness of Khloe Kardashian promoting a book while she's helping estranged husband Lamar Odom recover from a suspected overdose is not lost on the reality star.

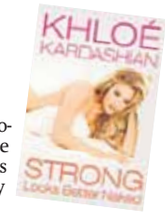
"It is very weird to be selling something or telling everybody 'go buy my book' when there's very serious things happening in my life," Kardashian said in an interview with The Associated Press last week. "Real life happens and nothing is going to stop. Your work can't just stop. So we have to learn to juggle it all and still make time for yourself."

The book, Strong Looks Better Naked, is a self-help manual that chronicles her weight loss and her rebound after her marriage to Odom collapsed and left her reeling.

"Everything in the book I am living day by day right now," she said.

Even though they went through divorce proceedings, they are still technically married, and Kardashian rushed to his side after the former NBA star was found unconscious at a Nevada brothel in October. Odom is believed to have overdosed on cocaine and other drugs.

While Kardashian is still very involved in his recovery. She said he's still healing, a process she describes as "day by day."



"Every day like I say 'I'm doing press for the book.' And he'll just look like, 'What? What are you talking about?' And I'll remind him again. So it's constantly reminding him, but that's what we do every day until he gets better. And you know the brain is magical," she said. "It's gonna heal in time." THE ASSOCIATED PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

When The Good Wife goes bad

THE GOOD WIFE, SEASON 7, EPISODE 7 (NBC/GLOBAL)

Attorney Alicia Florrick (Julianna Margulies), who's just triumphed at work, and her husband Peter (Chris Noth), who's running for U.S. president, are sharing a drink in her kitchen. (They're estranged, but pretending to be together for his campaign.)

"Nothing beats a good cross-examination," she says, toasting herself. "I just got a million-dollar donation," he counters. They smile at each other like jackals. "Want to get laid?" she asks. "I have 20 minutes."

They repair to her spare room and unceremoniously strip. Cut to them getting dressed.

"That was sexy. Why is that?" Peter asks.

"Because sex is sexier without love," Alicia replies.

Hmm. Nothing announces The New Alicia quite like a zipless screw. A few seasons ago, it was her abiding love for the now-deceased Will Gardner (Josh Charles) that made their sex so hot. But that was then. All this season, we've been watching Alicia toughen.

She traded red wine for tequila, and ditched her white-glove firm for a scrappy, public-defender partner (Cush Jumbo). Out went her crush on namby-pamby lawyer Finn Polmar (Matthew Goode); in came her wolfish stares at her new, dangerous-hunk investigator (Jeffrey Dean Morgan).

Alicia's character evolution makes sense plot-wise: Faking it for Peter's campaign is nervy enough. But if he wins, she's going to be a faux-First Lady — and that would take balls of steel.

The Good Wife has never feared changing things up; that's why it's enjoyed such a long, strong run. But turning Alicia into Lady Macbeth is a truly interesting twist.

Alicia evolves before our eyes on The Good Wife. HANDOUT

SPOILER ALERT

The Big Bang Theory that many have waited for

The final Big Bang Theory episode to air before holidays will mark a turning page for some of their characters. Unable to keep a lid on the new plot twist after show was taped in front of a live studio audience Tuesday night, CBS confirmed that after five seasons, Sheldon (played by Jim Parsons) and Amy (Mayim Bialik) finally consummated their relationship. "SAY WHAT?! #BigBangTheory EP Steve Molaro confirms coitus is in #Shamy's near future," reads a tweet blast from the show's official Twitter account. AFP

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Knight's M.K. has a dark secret

INTERVIEW

Actor talks teens, training, complicated characters

Ned Ehrbar
Metro | Hollywood

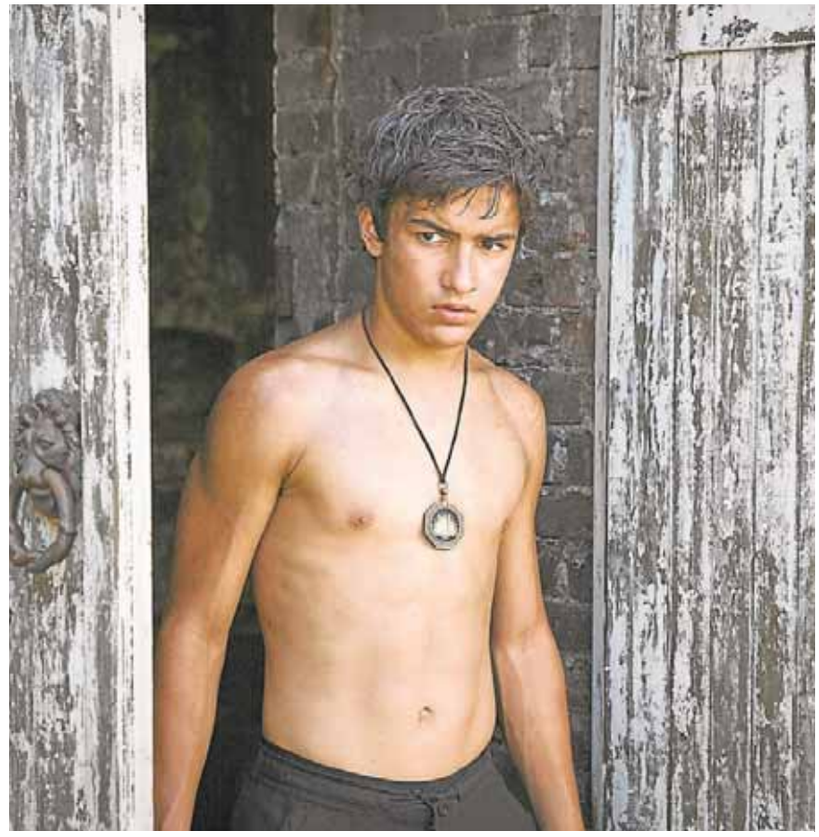
Aramis Knight is only 16 years old, but he's already something of a Hollywood veteran with plenty of titles like Ender's Game and The Dark Knight Rises behind him. But with AMC's new dystopian martial arts drama Into the Badlands, he had to pick up a whole new set of skills for the role of the mysterious young M.K.

How did you go about throwing yourself into this world?
There was a lot of preparation that went into this project. They put us through a seven-week martial arts training boot camp to put us into this world and get us in touch with the athletic side of ourselves. I think that seven-week boot camp definitely helped a lot. I don't think I realized it by the end of it, but once we began filming and we were doing martial arts every day and we really were asked to dive into this world, I realized how much it actually helped.

Was that level of physical training daunting?
Yeah, definitely. I've been in this business for 11 years, so not too many things intimidate me anymore when it comes to working on new projects or auditioning. But with this project, I had no martial arts background at all. I've always been very athletic, though, and very in touch with the physical part of me and I've always been very good at transforming my body for a role, but never to this extent. It definitely was intimidating, definitely daunting, but by the end of the seven weeks I was feeling pretty good and doing things I never thought I'd be able to do.

Like what?
They had me doing back-flips, kicking over my head. I was touching my forehead to my knee when I was stretching. Things like that, that I never thought I'd be able to do because coming in I lacked flexibility a lot.

Since your character goes on something of a training journey, did that make it easier? Like you could be kind of bad early on?
It definitely lessened the pressure, yeah. But I knew I would be working so much that I would have to unleash everything I learned eventually. And also because of M.K.'s dark secret, you have to be able to see a change in his abilities. So I had to sort of figure out how to suppress my abilities but then also let them shine when I do go into that state that is so special.



Aramis Knight plays a mysterious teen on AMC's dystopian drama Into the Badlands. HANDOUT

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PEOPLE MAGAZINE

Becks is sexiest of them all

If you were doubting the exact sexiness level of David Beckham, doubt no more, for it has officially been quantified.

Beckham has been dubbed the Sexiest Man Alive for 2015 by People magazine.

The news was announced on Jimmy Kimmel Live, with Beckham appearing via Skype to accept the honour.

"I would obviously like to thank my parents for bringing me into this world, of course. I would like to thank my hairdresser, my stylist," he joked.

He was a bit more serious with the magazine itself: "I never feel that I'm an attractive, sexy person," Beckham tells People.

"I mean, I like to wear nice clothes and nice suits and look and feel good, but I don't ever think of myself that way." Which kind of sounds like super-modest B.S., but whatever.

NED EHRBAR/METRO HOLLYWOOD

David Beckham

metroGOSSIP MUST READ

Gwen Stefani says having her heart broken has allowed her to write some really incredible music. ALL PHOTOS GETTY IMAGES

Stefani wishes split never happened

RELATIONSHIPS

Singer keeps opening up over divorce from Gavin Rossdale

Ned Ehrbar
Metro | Hollywood

Apparently Gwen Stefani talking to a radio station about her divorce is a weekly thing now, and this week she's getting much more candid. And get this: Stefani found inspiration to split up with husband Gavin Rossdale by … listening to her old No Doubt breakup songs.

"I go back and listen to a lot of that stuff and get sick," she tells Washington, D.C.'s 94.7 Fresh FM.

"You look at the song and go, 'that was a red flag and that was a moment where I was feeling just as bad as I do today and why did I keep it up?'"

As for the divorce itself? She's looking on the bright side.

"I wish it didn't happen. I wish that all this wasn't happening, but it was part of my life journey," she says.

"In my life I've had two really bad heartbreaks, but I've written some really incredible music out of it." See? She really is a big fan of her work.

CHARLIE SHEEN

Martin Sheen in awe of son's courage

The West Wing actor Martin Sheen says he wishes he had the courage of his son Charlie Sheen, who has revealed he's HIV-positive.

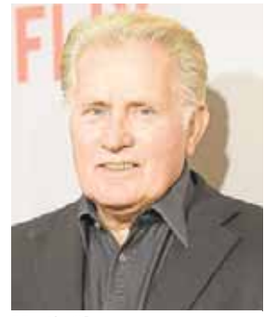
Sheen spoke Tuesday during an event at The Ritz-Carlton resort in Naples, Florida, hours after his son's appearance on NBC's Today.

According to the Naples Daily News, Sheen said his 50-year-old son had been working up to the announcement for months with his family's encouragement.

Sheen said that as he watched his son reveal "his deepest, darkest secret, I couldn't believe the level of courage I was witnessing, and that it was my son."

Sheen encouraged support for people struggling with drug and alcohol addictions.

He said he hoped the announcement was "the first day of the rest of Charlie's life as a free man." THE ASSOCIATED PRESS



Martin Sheen

GOSSIP BRIEFS

Adele doesn't sing about heartbreak, for once

Adele is the queen of heartbreak. When she released Hello a few weeks ago, it teased that her new album would continue her lonely-hearts song trend. But this week she dropped her new single, Water Under The Bridge, and it's about her being happy in love. Adele tells Beats 1 Radio that the song is about her waiting for boyfriend Simon Konecki to treat her badly. But it just didn't happen. "Water Under The Bridge is more like, I'm waiting for him to be horrible but I don't think he's gonna be, waiting for the relationship to end. This is the relationship now that I'm gonna be in. It was quite a ground-breaking moment," she says.

EMILY LAURENCE/METRO NEW YORK

Adele

Bieber gets assassinated in Zoolander 2

Canadian pop superstar Justin Bieber appears to meet a grim fate in the upcoming Zoolander 2 film. The comedy spoof features an assassin who's out to kill "the world's most beautiful people," and Bieber appears to be one of them. A newly released trailer for the film starring Ben Stiller and Owen Wilson shows Bieber being chased down by an assassin who's on a motorbike. In the next shot, Bieber is apparently injured on the ground, and uses his phone to take a selfie while flashing blue steel. Zoolander 2 is due out in February. THE CANADIAN PRESS

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Living Light Sessions: Philips teams with musicians to showcase its Hue range of smart lights

Packing up your life and starting over doesn't have to be a daunting task. Websites and apps like Krrb and Fountain connect you with those who can help. ISTOCK

Home setup just a click away

TECHNOLOGY

These online resources take hassle out of moving, decor

In a connected world, nesting's a lot easier than it used to be. There are apps and websites that streamline many aspects of setting up and dismantling a home.

Whether you're trying to get rid of old stuff, buy new stuff, move stuff or find ways to use your stuff, chances are there's an app (or at least a website) for that.

Note: Some of the services are currently available only in the U.S.

Move it

There was a time when moving out of an old place and into a new one was a daunting logistical challenge, especially for the unorganized or inexperienced.

How do you find a reliable moving company? What do you need to know to prepare and execute a successful move?

Unpakt.com lets you compare more than 600 pre-screened, licensed, local or interstate moving firms, read credentials and reviews, and book online. Plug in the size of your home, the date you want to move, locations, and any additional needs like storage or extra drop-off stops. You can live-chat with an adviser. There's info and an app for setting up your moving timeline and making an inventory. (unpakt.com)

Move Advisor also helps with an inventory, and calculates how many boxes and furniture blankets you're likely to need, as well as estimating the requisite moving capacity of any truck you're thinking of renting for a DIY move. If you decide to go with pros, you can email your inventory directly to them. An online timeline tracks your to-do list. (moveadvisor.com)

Lose it

For those who want to sell off belongings with minimum inconvenience, Krrb (pronounced "curb") is a classifieds site designed for local and in-person commerce. The company's mission is to highlight "what's right next door, not a billion anonymous results," in order to save time, money and the need for packing, shipping and returns. Users can buy and sell second-hand items, local goods and more. You can join Krrb and set up your "corner shop" for free, but publishing a listing costs one "credit," which you can buy or earn by doing things like filling out a profile or reviewing the Krrb iPhone app. (krrb.com)

New York-based AptDeco.com was founded by Kalam Dennis and Reham Fagiri as an alternative to Craigslist after they learned that 10.8 million tons of furniture go to landfills each year. They hoped to make it easier to unload unwanted furnishings or find something new. Want to sell that old dresser you got from your uncle? AptDeco provides pricing advice, promotion, picks up the item, and handles the financial transaction. (aptdeco.com)

Decorate it

You could ask your style-savvy best friend for decorating advice, but wouldn't it be nice if a pro was available? Well, for a relatively small fee you can tap into an online brain trust of hundreds of design professionals.

West Elm offers free help with things like designing and measuring a floor plan, decorating, and choosing paint and fabrics. For a fee, they've got pros who can come help with everything from wall-mounting a TV to painting a room to hanging shelves, art and curtains. (westelm.com)

Home decor items curated by a stylist for U.S. clientele who join The Swatch Box. The batik pillow, below, is a popular item on the home styling site. THE SWATCH BOX VIA THE ASSOCIATED PRESS

Laurel & Wolf, a Los Angeles online interior design marketplace, connects people with interior designers. Upload some photos and answer questions about your space, budget, lifestyle and taste, and you'll receive "First Looks" from several interior designers. You review the ideas and select one designer with whom to work. They send you back a style board, furniture plan, instructions and shopping list.

Kimberly Valente, one of Laurel & Wolf's design partners, recently helped a Santa Monica couple who were moving in together and didn't like each other's stuff. They agreed they wanted a beachy, casual vibe. Valente suggested some kitchen backsplash and counter upgrades as well as new lighting, and a soothing palette of ocean blue and sand. (laurelandwolf.com)

The Fountain app connects you to interior decorators, handymen, gardening experts and tech folks. You can talk over your project by video-chat, and the experts can sketch out ideas on your posted images. (fountain.com)

If you're a member at The Swatch Box, you complete a style-preference survey and get matched with a stylist, who curates a quarterly collection of items for your space and sends them to you — throws, pillows, bedding and entertaining items, for instance. You keep what you want and send back the rest. (theswatchbox.com)

THE ASSOCIATED PRESS

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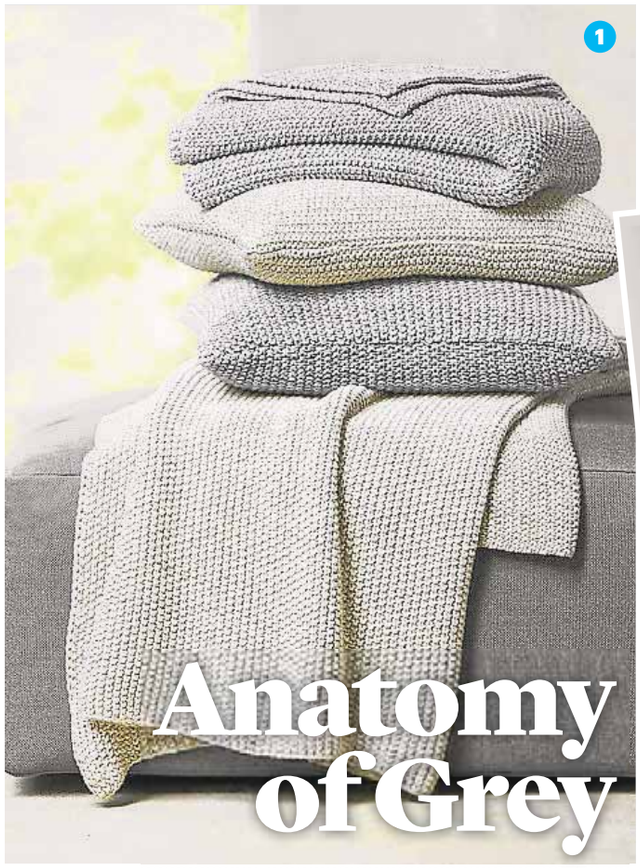

Anatomy of Grey

We've seen the colour grey take over the fashion and decor world and it has no signs of stopping in 2016. Look for softer versions in popular home accessories for the coming year.

Karl Lohnes
For Metro Canada

1 Fisherman Knit Cushions and Throws
Tone on tone is the way to use the year's favourite neutral. From $30, Simons.ca

2 Barbara Barry Modern Drape Rod Window Panel, Silver
Pre-made and stylish curtains with crisp, clean lines help to soften windows. From $80, BedBathAndBeyond.ca

3 Sheridan Grey Kitchen Island
Movable and expandable — there's no excuse not to have a kitchen party this Christmas. $1,000, CrateAndBarrel.ca

4 Grey Owl OC-52
The perfect neutral colour for those old coloured walls. BenjaminMoore.ca

5 Verismo Silver 600 Brewer
Create your favourite Starbucks beverages with just the touch of a button — and from your own kitchen. $149, Starbucks.ca

6 Portrait Rubix Ottoman
James Culleton's furniture creation is patterned with the faces of the everyday man. Proceeds raised go to the Michaëlle Jean Foundation. $179, EQ3.com

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metro SPORTS
Your essential daily news

The Houston Rockets fired head coach Kevin McHale after the team started the season 4-7

Canucks help Jets to refuel

NHL

Vancouver lose 4th straight as Winnipeg ends 6-game skid

Pairing Drew Stafford with Mark Scheifele helped the Winnipeg Jets end their losing skid. Stafford and Scheifele both scored twice and added an assist each as the Jets snapped a six-game losing streak with a 4-1 victory over the Vancouver Canucks on Wednesday.

Stafford's first goal in 12 games helped break a 1-1 tie late in the second period. He scored an empty-netter with 1:34 left in the game.

"Twelve? OK," Stafford said when he asked about the end of his drought. "At this point, I'm not really worried about stats or counting the games. That's just more clutter in your head.

"I'm just trying to stay solid and play the same way and eventually things will turn around. We changed the lines around, too, so the way I play the game is a little different tonight than it has been in the last 10, 12."

Scheifele centred a line with Stafford on the right side and Mathieu Perrault on the other, who picked up three assists.

Head coach Paul Maurice put the trio together after the Jets (9-9-2) came back from a four-game road trip with four losses. The team had been winless in six, only picking up a point in a shootout loss in Ottawa on Nov. 5.

"It's always awesome playing with Matty and, obviously, me and Staff have played a lot together, too," Scheifele said. "We were moving the puck well, we were on the forecheck hard.

The Jets' Mathieu Perreault stickhandles against Canucks defenders Derek Dorsett, left, and Luca Sbisa in front of goaltender Ryan Miller on Wednesday night. JOHN WOODS/THE CANADIAN PRESS

WEDNESDAY **In Winnipeg**

JETS	CANUCKS
4	1

"Obviously, it's the first game. We still can do better, and hopefully we can build off that."

Ondrej Pavelec made 29 saves for Winnipeg. Ryan Miller stopped 30 of the 33 shots he faced for the Canucks (7-7-6), who lost their fourth game in a row in the final game of the team's season-long, seven-game road trip. Daniel Sedin scored on the power play for Vancouver.

"We were right there and trying to get a chance at the end to tie it up, but just couldn't quite get there," Miller said. "We keep saying we're close. We've got to make the turn here."

Vancouver only came away with four points from its road trip. "We were looking for two points and go home with a decent road trip at least," Henrik Sedin said. "But it's another tough one where I don't think you can question the way we battled," The victory began a three-game homestand and the Jets came out in feisty moods. Scheifele got the best kind of retaliation with his sixth goal of the season at 5:55 of the first period.

The power-play goal came just over a minute after Jets rookie winger Nikolaj Ehlers headed to the dressing room after an illegal hit to the head by Luca Sbisa. It was only the fifth time this season Winnipeg has scored the first goal in a game. Ehlers returned to action later in the period.

Daniel Sedin tied the game 1-1 at 6:44 of the second after Alexandre Burrows lost the puck and Sedin picked it up in front of the Jets' net and put it past Pavelec. It was his seventh goal of the season and 899th career point.

Stafford got the go-ahead goal at 17:29 of the second when he got his own rebound and flipped a backhand over Miller for his sixth of the season. Scheifele scored his second of the game at 17:15 of the third with a rebound.

THE CANADIAN PRESS

CFL

Skulsky: Lions are not for sale

With the B.C. Lions in the process of dissecting another playoff loss, team president Dennis Skulsky said Wednesday the local CFL club is not for sale. Not yet, anyway.

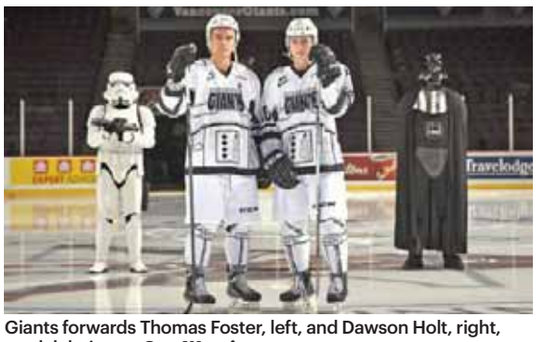
David Braley currently owns the team. He was also the owner of the Toronto Argonauts but sold that organization in May. It had been previously reported that Braley had planned on selling one, if not both franchises by the time he turns 75 years old, which is next year.

> **When the time is right. David is going to find the best owner for the club.**
> Dennis Skulsky

"I think David has been pretty clear throughout the season ... he was not going to decide that until the end of the year and get the season done," Skulsky told reporters. Skulsky did say, however, that there is plenty of interest in the Lions.

"These are not tire-kickers. These are legitimate people who are interested in buying it," he said. "When the time is right … David is going to find the best owner for the club."

The Lions finished 7-11 season under first-year head coach Jeff Tedford. General manager Wally Buono, who has one more season left on his current contract, said he's committed to coming back next season. CAM TUCKER/METRO



Giants forwards Thomas Foster, left, and Dawson Holt, right, model their **new Star Wars jerseys.** COURTESY VANCOUVER GIANTS

VANCOUVER GIANTS

Hockey troopers' jerseys whip up a storm

Cam Tucker
Metro | Vancouver

Set your faces to stunned, hockey fans.

The Vancouver Giants on Wednesday unveiled their Star Wars jerseys, which they will debut on Dec. 4 in a game against the Hoth Ice — sorry, Kootenay Ice — at the Pacific Coliseum, two weeks before the release of the newest Star Wars film, The Force Awakens.

The Giants' uniforms are modeled after the Empire's stormtroopers, and their unveiling caused a sudden disturbance in the force of social media as the rebel alliance of tweeters expressed either their approval or disapproval of the special jerseys.

Earlier this month, another WHL team, the Saskatoon Blades, released Star Wars themed jerseys, depicting the battle on the ice planet of Hoth from the beginning of The Empire Strikes Back.

However, the Giants weren't entirely seduced by the dark side of trying to score on the highly anticipated release of the new film.

The jerseys are available for purchase at auction during the game, and the club announced proceeds from the game will benefit Shriners of B.C. and Yukon and their work with Shriners Hospitals for Children.

Keuchel and Arrieta Cy Young winners

MLB

Jays' Price, L.A.'s Greinke runners-up for top pitcher

Dallas Keuchel thinks this year's Cy Young Award race was a glimpse into the future.

The Houston Astros lefty won the AL Cy Young Award on Wednesday, easily beating David Price of the Toronto Blue Jays. Chicago Cubs ace Jake Arrieta won the NL honour, beating out Los Angeles Dodgers teammates Zack Greinke and Clayton Kershaw.

Jake Arrieta GETTY IMAGES

Keuchel led the AL in wins, going 20-8 and helping Houston reach the playoffs for the first time since 2005.

Dallas Keuchel was the only pitcher to reach 20 wins in the American League this past season. RALPH FRESO/GETTY IMAGES

Voting by members of the Baseball Writers' Association of America was conducted before the post-season.

Keuchel then started the playoffs by pitching six shutout innings to win at Yankee Stadium in the AL wild-card game. The next day, Arrieta threw a five-hit shutout at Pittsburgh in the NL wild-card game.

Arrieta topped the majors with 22 victories, boosted by a record 0.75 ERA after the All-Star break. He acknowledged the super stats piled up by his Los Angeles rivals spurred him.

"Deep down inside, we think we can catch them, do a little bit better," he said.

In a tight race between three very worthy contenders, Arrieta received 17 of 30 first-place votes and 169 points. Greinke drew 10 first-place votes and 147 points. Kershaw got the other three firsts and 101 points.

Arrieta went 22-6, including 11-0 in his last 12 starts in pushing the Cubs into the playoffs for the first time since 2008. The 29-year-old had a 1.77 ERA, struck out 236 and pitched a no-hitter.

Arrieta was 6-5 with a 3.40 ERA after walking six in five innings during a loss to Cleveland in mid-June. In his final 20 regular-season starts, he went 16-1 and permitted only 14 earned runs. THE ASSOCIATED PRESS

NBA

Raptors falter in fourth to hot Jazz

Rodney Hood scored 16 points and the Utah Jazz used a big fourth quarter to beat the Toronto Raptors 93-89 on Wednesday night.

Alec Burks made the go-ahead jumper with 1:12 left for the Jazz, who trailed by six midway through the final period before an 11-2 run gave them their first lead since the second quarter.

Derrick Favours followed with a three-point play that sealed the game.

Hood added six rebounds and four assists. Gordon Hayward finished with 17 points and seven rebounds, while Favours had 18 points and 11 rebounds.

Luis Scola carried the offensive load for Toronto in the first half with 18 points and finished with a season-high 22.

Kyle Lowry scored 20 and had six assists and three rebounds, while DeMar DeRozan rebounded from a slow start to score 14, including 12 in the fourth quarter. THE ASSOCIATED PRESS

WEDNESDAY in Utah

JAZZ	RAPTORS
93	89

MLB IN BRIEF

Jays' Travis out for up to 20 weeks after surgery

Blue Jays second baseman Devon Travis has had surgery on his left shoulder and will be out 16 to 20 weeks.

The Jays said in a release that Travis had successful surgery Tuesday to treat a condition known as an os acromiale. The procedure included inserting screws to stabilize the extra bone in his shoulder. THE CANADIAN PRESS

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RECIPE One-Pot Chicken Cacciatore

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This updated hunter's stew smells and tastes like it's been bubbling away on the stove for hours but only takes half an hour.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients
- 1 Tbsp olive oil
- 4 boneless, skinless chicken thighs
- Salt and pepper
- 1 lb mushrooms, cleaned, trimmed and sliced
- 3 cloves of garlic, minced
- 1 Tbsp rosemary, minced
- 1 x 19 oz canned whole tomatoes
- 1 x 15 oz canned cannellini beans, rinsed and drained
- Salt and pepper to taste

Directions

1. Pour oil into a large Dutch oven or pot over medium heat. Slice the chicken thighs into about four pieces each and season them with a good pinch of salt and pepper. Working in batches, brown the meat. Don't worry about cooking it through. When the meat is brown, set it aside on a clean plate, drain off all but 2 Tbsp of fat.

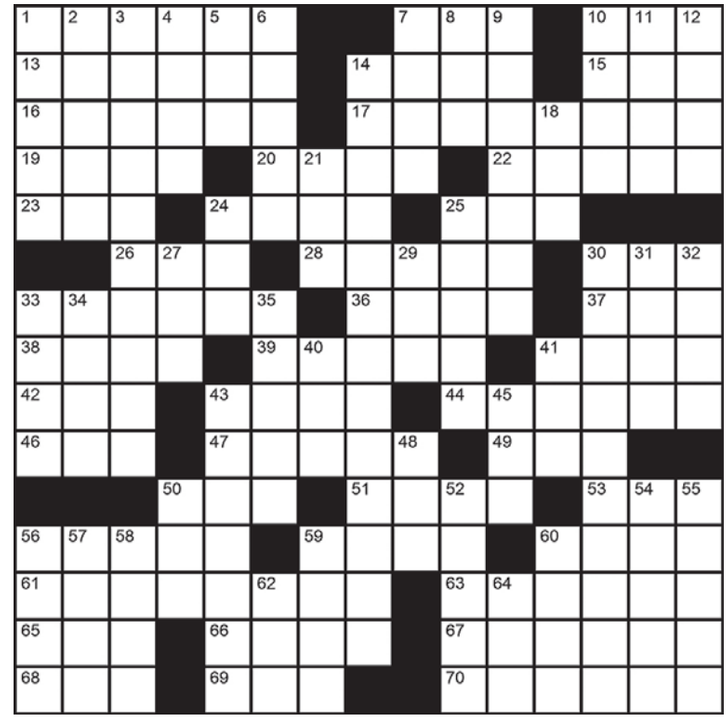
2. Reduce heat slightly and toss in mushrooms. Once they've cooked down, about three minutes, add the garlic and rosemary and sauté for another minute.

3. Now add your tomatoes and beans. Use the back of a wooden spoon to break up the tomatoes. Add the cooked chicken pieces and allow everything to simmer for about 15 or 20 minutes. Taste to check seasoning and add salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. As per #43-Down... Reward for those amongst us who got neither #3-Down, Gold, Silver nor Bronze: 2 wds.
7. Brit-style mother
10. Utah's capital [acronym]
13. Wife of Alexander the Great
14. Throw __ _ loop
15. Optima car maker
16. Chicago or L.A., e.g.: 2 wds.
17. Standing __ __ (One of the tests in #43-Down)
19. 'Game' suffix
20. Garden of __
22. "_ __ Touch This" by MC Hammer
23. Mr. Mineo
24. _. _ (British glam band)
25. Chart-topper
26. Ms. Thompson
28. Bee Gees' "Night __"
30. "Murder, __ Wrote"
33. Boll _ (Type of beetle)
36. __ of reality
37. Perfect rating
38. Ms. Hathaway
39. Singer, Faith __
41. Desert's weather
42. 700 to Caesar
43. Impartial
44. Cowboy flicks
46. "Aaaii-_!!" (Cartoon shriek)
47. "_ __, I saw, I conquered." = "Veni, vidi, vici." (Julius Caesar's boast)
49. Bitty
50. Utmost, numbers-wise
51. Pull along
53. Trail
56. French __ soup
59. Ancient region of Europe
60. Identical
61. Joined up: 2 wds.
63. Three-horsed Russian carriage
65. Luanda is its cap.
66. Smelting waste
67. Apple variety
68. "Awesome!"
69. Rest in a recliner
70. Parthenon's place

DOWN
1. Architectural framework
2. Landscape garden plant
3. Top badge in the program at #43-Down, Award of __
4. Match
5. Chg. card percentage
6. Negative response giver, say
7. Satellite
8. Large vase
9. "Jerry __" (1996)
10. Gull-like bird
11. Outline
12. Hook or Cook's li'l title
14. Another of the tests in #43-Down: 3 wds.
18. Railway crossing [abbr.]
21. __ Leppard
24. Cocktail, Mai __
25. "__ __ Fine" by The Chiffons
27. Lady at #20-Across
29. Maria Trapp connector
30. Savvy, like an urbanite
31. _ to the throne
32. Remnants
33. Walk in shallow water
34. 'Refer' suffix
35. "Lifestyles of the Rich and Famous" host Robin
40. By
41. 'Deterior' suffix
43. Canada __ Award (Program for students of the 1970s and 1980s testing speed, strength, endurance and agility)
45. Cobbler's tool
48. Perrier, par exemple
50. Oui's opposite
52. Prefix to 'violet'
54. Singer, Clay __
55. Irksome insects
56. "_! _..." (American anthem opener)
57. Songstress Ms. Simone
58. Mr. Pop of punk
59. Rocky Mountains animal
60. "Nonsense!"
62. Gladiator's 551
64. Boring routine

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may sympathize with a friend's problems but it is not your job to fix them. Sometimes it's better to let others find their own way — this is one of those times. Only step in if things really start to get bad.

Taurus April 21 - May 21
It would be nice if you liked everyone and never got angry but you are not that kind of person, so if someone gets under your skin make a point of avoiding them.

Gemini May 22 - June 21
It may seem as if you do not deserve the good things coming your way but it isn't true. That's why certain people are upset: deep down they know you are better than they are.

Cancer June 22 - July 23
You are not a trivial person so don't do or say trivial things. It may be tempting but why lower yourself? You don't need to come down to someone else's level to make a point: their own negative attitude is punishment enough.

Leo July 24 - Aug. 23
Let others know what you're worth. Your talents do not come cheap. Some may say your price is too high but they still require your services.

Virgo Aug. 24 - Sept. 23
The more you push yourself the less you are likely to achieve, so give yourself some breathing space. There are times it is hard to make an impression and this is one of them.

Libra Sept. 24 - Oct. 23
Do something on the spur of the moment today — it will be fun. Everyone may not approve but you enjoy being different.

Scorpio Oct. 24 - Nov. 22
Try not to get too emotional about something that you would usually dismiss. Also, don't be afraid to cut your losses if they are getting too big: the longer you hang on the bigger they are likely to get.

Sagittarius Nov. 23 - Dec. 21
Let off some steam and don't worry if others object. They have only themselves to blame for leading you on and believing they could get away with it. You are not the type to let bad deeds go unpunished.

Capricorn Dec. 22 - Jan. 20
Try not to take anything too seriously today. You are dealing with forces that are too big to control or change. Accept your current situation for what it is and go with the flow.

Aquarius Jan. 21 - Feb. 19
If you let your feelings get the better of you today it will cause more than a few problems further down the line. Aim to put logic ahead of emotion.

Pisces Feb. 20 - March 20
The grass may look greener on the other side of the fence but you are advised not to make changes just yet. Wait until the Sun changes signs on the 22nd before making your move — you may find that you don't have to after all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6	2	5	9	3	8	1	4	7
1	3	7	4	5	6	2	9	8
8	4	9	2	1	7	6	3	5
7	8	3	1	6	9	4	5	2
9	5	6	8	4	2	7	1	3
4	1	2	3	7	5	8	6	9
5	6	1	7	8	3	9	2	4
2	7	4	5	9	1	3	8	6
3	9	8	6	2	4	5	7	1

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